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Unleashing
on June 8.

Police ID teen in connection with LRT death

CRIME Police have identified a teenager arrested in connection with the homicide of a 23-year-old woman at the Stadium LRT station on May 21.

Colton Barry Ferguson, 19, has been charged with first-degree murder, assault with a weapon, two counts of possession of a firearm while prohibited, and two counts of breach of probation.

Meanwhile, autopsy results revealed that the victim, Heather Rae Thurier, died from a single gunshot wound to the head. Police are also calling for assistance in locating a red and white backpack.

METRO EDMONTON

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Metro Homes pg 14



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Clockwise from top left, Gord Downie, Sarah Harmer, Ben Harper and Jakob Dylan will all perform at Edmonton Folk Fest.

Stoked for folk

Ben Harper, Jakob Dylan among strong Edmonton Folk Fest lineup

ANDREAS MORSE
andreas.morse@metronews.ca

Each year tens of thousands of music fans converge on Gallagher Park for the Edmonton Folk Festival.

This year promises to be no different, except for the lack of a Wednesday night performance, come Aug. 5.

"It's as strong as any festival we've put together," said producer Terry Wickham, after announcing the festival's lineup yesterday. "And the most expensive."

As usual, the Edmonton Folk Festival's reputation allowed Wickham to book some big name acts. But he

Folk Fest main stage schedule

- Thursday, Aug. 5, 6 p.m.-11 p.m.: Patrick Watson & the Wooden Arms, Kate Rusby, Gord Downie & the Country of Miracles, Ben Harper
- Friday, Aug. 6, 9 p.m.-12:30 a.m.: The Levon Helm Band, Calexico, Bassekou Kouyate & Ngoni Ba
- Saturday, Aug. 7, 2-3 p.m.: Kailash Kher's Kailasa
- Saturday, Aug. 7, 6 p.m.-12:30 a.m.: Dailey & Vincent, Vieux Farka Toure, Sarah Harmer, Brandi Carlile, Colin Hay
- Sunday, Aug. 8, 2-3 p.m.: Te Vaka
- Sunday, Aug. 8, 6-11 p.m.: Aterciopelados, Celtic Hour, Jakob Dylan & the Three Legs, John Prine, Finale

said it's the artists who populate the side stages that really determine the event's success.

"It's easy to focus on three or four names, but I think it's the depth of the festival that's the real

strength," he said. "The real reviews that matter of course are on the weekend."

Big names at this year's festival include Ben Harper, Gord Downie and John Prine, along with a few

artists that have talent running through their families.

"We have Bob Dylan's son (Jakob Dylan) and Hank Williams' granddaughter (Holly Williams)," Wickham said. "I guess that's a sign of age."

Local musician Colleen Brown was at the lineup announcement at the Edmonton Ski Club yesterday and shared a few of her songs with the crowd.

"It's such an honour to play this festival, I used to go running around in these gardens all the time," she said.

Tickets for the four-day, outdoor music festival go on sale June 1. A four-day adult pass costs \$139.

Oilsands to get PR makeover, says CEO

IMAGE Canadians can expect to see commercials touting Alberta's controversial oilsands this year, as the industry embarks on a campaign aimed at countering the negative publicity thrust upon it, says the head of Imperial Oil Ltd.

"Certainly, the pictures of open-pit mines and tailings ponds can be powerful. But the end game of the story is frequently missing from these portrayals of oilsands development," Imperial Oil chief executive Bruce March said yesterday in a Toronto lunchtime speech. "Unfortunately, our record of continuous improvement has been missing from debates on oilsands development, primarily because we, as an industry, have done a poor job of telling our story."

However, environmentalists say the industry's problem is not a failure of communication, but of failing to take strides significant enough to bolster environmental performance to an acceptable level.

Terra Simieritsch, a policy analyst at the Pembina Institute, said Imperial, among other producers, does not produce publicly available greenhouse gas emissions reduction targets or water intensity targets, which would be key to any real improvement.

"What we see is that the production rate of oilsands is increasing drastically and we're not seeing any emphasis on cumulative impacts," she said.

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Local



Get to know the 2010 Esks

Fans old and young are invited to Clarke Stadium to get the first look at the 2010 Edmonton Eskimos while enjoying some great food and entertainment on Sunday, June 6 for 2010 Fan Day. The day begins at 10:30 a.m. as the team goes into their second session of the back-to-back practice. The Eskimo Pep Band will be performing periodically throughout the day while practice is in session while the Eskimo Cheer Team will be making their rounds visiting with fans, stopping for autographs and pictures.

METRO EDMONTON

Building year for FC Edmonton

ANDREAS MORSE
andreas.morse@metronews.ca

FC Edmonton is one kick closer to taking to the pitch as they announced their player roster and exhibition schedule for the 2010 season yesterday.

"We're just playing the five North American teams this year," said owner Tom Fath. "We're having a shorter season because we're building the team this year and that will make it exciting."

The pro soccer team will have an international feel to go along with some local flavour when they line up for their first official exhibition game against the Montreal Impact on June 16.

Fifteen of the FC Edmonton

Exhibition games

- Montreal Impact, June 16
- Ottawa Fury, July 6
- Victoria Highlanders, Aug. 11
- Spokane Spiders, Aug. 15
- Miami FC, Aug. 28

ton players are from Alberta — seven from Edmonton — and one player hails from Winnipeg. The rest of the squad comes from the Netherlands and Brazil.

"These (three Dutch) players are brought in to be veteran players and help solidify the club," said Mel Kowalchuk, the club's GM.

"But we made no bones about favouring Prairie kids in particular and that's where the basis of our team comes from."

FC Edmonton 2010 roster

- Jas Gill, goalkeeper, Edmonton
- Rein Baart, goalkeeper, Angerlo, Netherlands
- Tristan Ilko, goalkeeper, Edmonton
- Andre Duberry, defender, Calgary
- Antonio Rago, defender, Edmonton
- Daylan Meyer, defender, Calgary
- Neto Miguel, defender, Sao Paulo, Brazil
- Niko Saler, defender, Lethbridge
- Paul Hamilton, defender, Calgary
- Sander van Gessel, defender, Breda, Netherlands
- Chris Kooy, midfielder, Calgary
- Chris Lemire, midfielder, Edmonton
- Paul Matthijs, midfielder, Eelde, Netherlands
- Sam Lam, midfielder, Edmonton
- Shaun Saiko, midfielder, Edmonton
- Thiago Silva, midfielder, Brasilia, Brazil
- Kenny Sacramento, striker, Winnipeg
- Kyle Yamada, striker, Calgary
- Marcus Johnstone, striker, Edmonton
- Michael Cox, striker, Calgary
- Milan Timotijevic, striker, Calgary

FC Edmonton will play five games at Foote Field this season starting with the Impact.

More international games are in the works and the team hopes to announce those



matches in a week or two.

"We're also working on some international matches that seem to take forever to put together," Fath said. "We have two or

three that are pretty well signed up and we should be announcing in the next week to 10 days."

Tickets for the exhibition home games go on sale this morning at 9 a.m. Order them over the phone at 780-439-7529. Fans can also send in their information online at www.fcedmonton.com.



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Police nab man after 20 auto break-ins

ANDREAS MORSE
andreas.morse@metronews.ca

CHARGES A 26-year-old is facing almost 60 charges after police allegedly caught him breaking into vehicles at the Laurier Park off-leash area Tuesday.

While police watched the parking lot at the off-leash park, they say they witnessed the suspect breaking into a parked car and attempting to flee before police arrested him.

Police have connected the suspect to more than 20 thefts from vehicles since the beginning of April.

"Due to police observation and community concern police conducted surveillance which ultimately led to the arrest of the suspect," said Const. Meagan Maze.

"Police just want to remind people to keep their valuables at home and not in their vehicles even though the suspect was charged and arrested."

After arresting the suspect, police obtained a search warrant for his vehicle and found numerous stolen purses, IDs and personal cheques in the trunk.

"I think a lot of people think it's not going to happen to them and they think that hiding their purse under the seat is good enough," Maze said.

"But it's not as the suspect or other people may be watching in the area."

Anthony Hovida Pachao, 26, has been charged with 58 offences. More charges may be laid as information comes forward.

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LocalTweets

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Yippee! Will be in Edm for folkfest this year! Wonder who will be my biggest surprise favourite?
@JacMacDonald I see many drivers taking advantage of another day of cell phone freedom today in Edmonton. It resulted in how many terrible accidents? #yeg
@ChrissyCool Volunteers needed. Edmonton, Saturday, Relay For Life. Help us Fight Back against cancer — come be inspired.

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WHAT'S ONLINE TODAY

Video A baby escaped being hit by train unharmed after his stroller rolled off an Australian platform. More at metronews.ca/world
Movies showtimes, trailers reviews and purchase tickets at metronews.ca/movies
Play online games at metronews.ca/play



Lotteries

Lotto 6/49: 12, 13, 33, 43, 46 & 49 Bonus 48
These results are not official.

City Chase a step outside the comfort zone

HARRY HODGE
harry.hodge@metronews.ca

ADVENTURE Rappelling down the sides of hotels? Ripping up and down the town on a Segway? All kinds of craziness happens whenever the City Chase urban adventure event comes to town.

Media were allowed to take part in a nerve-racking descent down the side of the Matrix Hotel yesterday to get people warmed up for Saturday's event.

It's described as a competition requiring teams of two to exhibit teamwork, determination and make decisions on the go while undertaking challenges of both a physical and intellectual nature.

Previous competitions have seen competitors tour with rickshaws in Toronto, climb the Calgary



Metro Edmonton managing editor Harry Hodge makes his descent down the side of the Matrix Hotel yesterday.

For more information, visit www.MitsubishiCityChase.com

Tower, and even take part in a game of strip bowling in Vancouver. "Some (challenges) will scare you, some will test your comfort levels," said event director Cory Visser.

The competition also benefits Right to Play, an organization working with volunteers and partners to use sport and play to enhance child development in impoverished areas worldwide. Segway Canada's Chris Szydlowski was stoked for his organization to be a partner in the event.

"Anytime we can be involved with a charity like Right to Play, we're more than happy," he said.

News in brief

REMAINS RCMP are investigating the discovery of human remains in a remote bush area northwest of Edmonton. Police say the skeletal remains were found by two ATV operators riding west of Jarvie near Westlock on Monday after-

noon. It's hoped an autopsy will be able to identify the deceased and the cause and date of death. **THE CANADIAN PRESS**
SKATE PARK A temporary skateboard park has been set up in Churchill Square for youth to enjoy skateboarding,

BMX tricks and inline skating. The skateboarding site has been set up on the closed portion of 102A Avenue between city hall and Churchill Square, and will be operating until June 18, when it will be removed for peak festival sea-

son and relocated to the McCauley Community League outdoor skating rink. It will be moved back downtown on Aug. 10 until the end of September, and will be supervised by Peace Officers and city staff. **METRO EDMONTON**

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JUST CHILL, POUR & SERVE



Alberta Council of Women's Shelters and the Elizabeth Fry Society of Edmonton will be hosting a fundraiser on Friday, at Devlin's Cocktail Lounge. Attendees are encouraged to bring in any clothing they can spare to be donated to the Elizabeth Fry Society. Clothing can be dropped off at Devlin's Cocktail Lounge starting today until June 5. **METRO EDMONTON**

News in brief

BROOKS Two Mounties are facing charges in a verbal argument that almost turned into a fight. The RCMP say officers from the Brooks detachment were called to investigate a complaint last November. It was alleged that six off-duty members from three separate detachments were involved in a liquor-fuelled dispute. **THE CANADIAN PRESS**

City OK's development plan

ELISE BARTA
for Metro Edmonton

City council gave final approval to the new Municipal Development Plan, which hopes to encourage transit-oriented development, yesterday.

The Municipal Development Plan was created in conjunction with the Transportation Master Plan after more than almost four years of public consultation and city council deliberation.

"The plan calls for more development to occur in the downtown, our mature

areas, and around the LRT stations and transit centres," said Peter Ohm, the City of Edmonton branch manager of policy and planning.

"And it also addresses the timing and phasing of new residential development in suburban areas. ... we can

now move on to the next phase, and that's implementing the numerous plans and guidelines that are being identified and certainly set out our workforce over the next couple years."

The plan hopes to guide development in and around LRT stations.

Shaw staff walk the green talk

GARDENING The Shaw Conference Centre staff was busy planting organic vegetables, fruits, and herbs to promote green living yesterday.

Employees of the conference centre volunteered their time to help plant the garden, and some of the produce they planted included artichokes, taro root, carrots, strawberries, and rhubarb.

"We are just trying to incite people to be more green and to be more conscious about the environment, and it starts by growing your own vegetables," said Simon Smotkowicz, executive chef for the Shaw Conference Centre.

Unfortunately, the garden is not nearly big enough to grow produce to feed the guests, but instead will be used for the staff meals.

"More and more people are going to the farmers' market to buy locally with no preservatives, no hormones, and that is the way it should be," Smotkowicz said.

This is the second year in a row that Shaw Conference Centre has planted the organic garden.

ELISE BARTA/FOR METRO EDMONTON

Jubilee launches distance learning program

INTERACTIVE Alberta Jubilee Auditoria Society launched a new art-based electronic and interactive distance-learning program yesterday.

"We're hoping schools all across the province will take part in it," said Jennifer Alabiso, senior manager for community engagement for the Alberta Jubilee Auditoria Society. "The beautiful thing about distance learning is that it doesn't have walls ... So I think our focus, because we're a provincial building, will be the province, but eventually anybody can be a part of it."

The lessons will be delivered from the jubilee, from either the northern or southern building, and will go out to any school that has the technology to receive them.

Schools can go online, book a time, the jubilee will send them their kit and some pre-visit materials, and then at the designated time the school can dial in and take part in the interactive class. **METRO EDMONTON**

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Bottled water gets a passing grade — sort of

A laboratory that tested several brands of bottled water from Ontario and Quebec found many contained high levels of one class of bacteria, but even the researchers say such bugs are unlikely to cause harm. Researchers found more than 70 per cent of 10 bottled water products had heterotrophic bacteria levels that exceeded the limit. **THE CANADIAN PRESS**

Canada



Crowding into Canada

A new study says Canada's population could exceed 40 million by 2036. And Statistics Canada says that as baby-boomers turn 65, the number of senior citizens could more than double, outnumbering children for the first time. Growth would be higher than the national average in Ontario and B.C., largely because of immigration.

Teen pregnancies down 36.9%: Study

GROWING UP The rate of teen pregnancies in Canada dropped 36.9 per cent between 1996 and 2006, according to research released yesterday by the Sex Information and Education Council of Canada.

The teen pregnancy rate also dropped 25 per cent in the U.S. during the same period, and 4.75 per cent in England and Wales. It increased by 19.1 per cent in Sweden.

Reducing socio-economic inequality is the most significant factor in teen pregnancy rates, according to research co-ordinator Alexander McKay.

Rates of teenage pregnancy, for example, are higher in pockets of pover-

ty in the U.S.

Quality sex education and easy access to health services must be maintained to keep teen pregnancy levels low, McKay added.

"Complacency could quickly lead to a reversal."

The council is a national registered charitable organization and receives funding from the makers of Trojan condoms.

TORSTAR NEWS SERVICE



Parents head to court in a bid to unmask daughter's Facebook tormentors.

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Tot's death **Mom on probation**



Jane Elizabeth Gomes leaves court in Halifax yesterday after being sentenced to six months probation in the 2009 death of her infant daughter. Under a plea bargain, Gomes pleaded guilty to a charge of failing to provide the necessities of life for her seven-week old baby. Her former partner is charged with manslaughter in the child's death.

MPs get low score in poll

A new poll suggests Canadians overwhelmingly believe their members of Parliament are breaking the rules on expense claims.


The Canadian Press Harris-Decima survey is bad news for MPs who have collectively rejected a request by auditor general Sheila Fraser to examine half a billion dollars in annual spending.

The poll of 1,000 respondents found 80 per cent believe it likely MPs are claiming expenses against the rules, and just 12 per cent think it unlikely.

The survey follows high-

profile news coverage of expense claim scandals in Newfoundland, Nova Scotia and Britain.

Fully 85 per cent of those surveyed by Harris-



Decima said they were concerned about the MPs' refusal to let Fraser look at their books, including 52 per cent who said they were very concerned.

The poll also suggests that any party leader who endorses the auditor general's request will come out a winner — although a plurality of 45 per cent say they won't change their partisan support.

THE CANADIAN PRESS



Sheila Fraser



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- Prevage Eye Anti-Aging Moisturizing Treatment, 5 mL
- Prevage Anti-Aging Night Cream, 7 mL

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.ca

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Comment

The secret ingredient

Practise random acts of kindness for your partner

Relating

Steve
Collins

metronews.ca/collins

There seems to be something a bit futile in the scientific study of human relationships. Countless very smart people bring real scientific rigour to bear the subject, but often attain no more insight than the average pop song or episode of Oprah.

This week's example: A study out of the University of North Carolina at Chapel Hill, published in the June issue of *Personal Relationships*, suggests the key to happy coupledom may be simple gratitude.

Researchers studied 67 couples who had been together for at least three months and had each

partner keep a nightly diary for two weeks, detailing favours they did for the other, as well as favours the other did for them along with their emotional responses.

These being real couples, the kindnesses that participants recorded went undetected almost half the time, but when they actually noticed and felt gratitude, there was a strong correlation with feelings of connectedness.

So there you go. Be nice to each other, don't take each other's niceness for granted and everything should be, uh, nice.

It may sound like the latest findings from the Centre for the Study of the Crashingly Obvious, but much of the research

into relationships is aimed either at proving or disproving the folk wisdom we've been relying on for generations to keep the peace between us.

And this is far from the first study linking gratitude to a stronger relationship, and to happiness in general, a condition that seems most easily achieved by those who are in the habit of counting their blessings.

The researchers made a distinction between actual feelings of gratitude and a mere sense of indebtedness or obligation, which, while it will serve to keep a couple together, doesn't form the same Krazy Glue emotional bond between them.

The kindnesses, this study found, didn't have

to be over-the-top: "Events such as one partner planning a celebratory meal when the other partner gets a promotion, taking the children to the zoo so the other partner can have some quiet time, or stopping to pick up the other partner's favourite coffee are each benefits to the recipient."

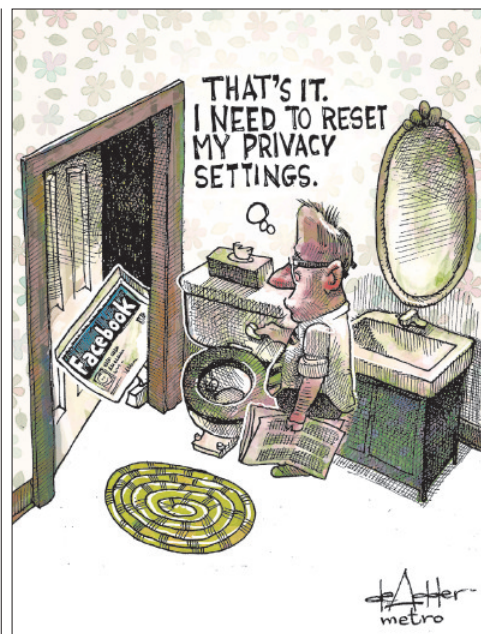
The glow from such small gestures, the study's authors said, lasted up to a day afterwards, and both partners benefited.

While these findings may not comprise an Earth-shaking development in relationship science, they are nonetheless heartening.

Instead of racking your brain to find the perfect romantic gesture, it seems, you can do each other a lot of good with accumulated, habitual little kindnesses — and you could start right now.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

"Instead of racking your brain to find the perfect romantic gesture, it seems, you can do each other a lot of good with accumulated, habitual little kindnesses."



Worth mentioning

Penny for your thoughts: Senators talk copper coin

A penny saved isn't really a penny earned anymore — in fact, it will probably just sit gathering dust in a jar while taxpayers shell out millions to produce new ones.

That's one of the arguments put forward by politicians meeting yesterday to hash out the costs and benefits of abolishing the copper coin altogether as inflation reduces its value and consumers increasingly use debit or credit cards or do their shopping online.

The Senate finance com-

mittee will hear from the Bank of Canada, the Royal Canadian Mint and the Department of Finance on the costs involved in producing the penny and the potential impact of eliminating the coin.

The Mint wouldn't disclose the exact cost of producing a penny, but NDP MP Pat Martin said estimates range anywhere between 1.5 cents to as much as four cents when you factor in shipping, distribution and labour costs.

THE CANADIAN PRESS



Views

Summer's four-letter word: The bikini

FourthWave

Canice
Leung

metronews.ca/fourthwave

It's bikini season.

Two words certain to strike fear into the heart of pretty much any woman.

Being too skinny, too fat, too curvy or too insert-adjective-here has always been a tender topic. But we have tended to talk about body image as an issue for non-feminists — as in, how can feminists help women get over their hang-ups? — without talk-

"The idea of buying a bathing suit starts the engine of socially conditioned self-doubt — my thighs are too jiggy, my gut a bit too soft. And, all of sudden, I'm considering signing up for boot camp."

ing about it in personal terms.

I should know — I cycle, run, practise yoga regularly, and look and feel good. But guess what? The idea of buying a bathing suit starts the engine of socially conditioned self-doubt — my thighs are too jiggy, my gut a bit too soft. And, all of sudden, I'm considering signing up for boot camp.

And it's not just me. Sev-

eral friends (feminist, too!) have signed up for all manner of classes with flowery, pandering names like Flirtgirl Fabulously Firm or BootyCamp. The only thing missing is a pink cosmopolitan after the workout.

Am I betraying my feminist sensibilities? Magazine cover models are Photoshopped to hell. Being too skinny is unhealthy. I fear I'm perpetuating an

artificially created standard for women by wanting to look a certain way.

My mind and body are at war.

Maybe I shouldn't be surprised. It's one thing to affirm in our heads that we're fine just the way we are, but it's another to know it in our hearts — and that's as true for feminist women as it is for women who would never define themselves using the F word.

Coming to terms with this may prove to be harder than any amount of pull-ups or push-ups.

Canice Leung is a former editor of *Ryerson University feminist magazine McClung's*, copy editor at Metro, ardent feminist and loudmouth.

Quote of the Day

"Provision of effective contraception for approximately 200 million women who have none would prevent 23 million unplanned births, 22 million induced abortions and 14,000 pregnancy-related maternal deaths each year."

— A STATEMENT FROM THE ROYAL SOCIETY OF CANADA AND ITS COUNTERPARTS IN THE OTHER G8 COUNTRIES. THE SCIENTIFIC GROUPS SAY FUNDING FOR MATERNAL AND CHILD HEALTH, INCLUDING INITIATIVES AIMED AT UNSAFE ABORTIONS, MUST INCREASE.

THE CANADIAN PRESS

Tell us your views by email to edmontonletters@metronews.ca or comment on metronews.ca or on Twitter @metroedmonton

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Protesters hope to send Trump's plan into rough

Protesters opposed to Donald Trump's planned \$1.5-billion Scottish golf resort have purchased an acre of land from a local man who has refused to sell his property to the tycoon. **THE ASSOCIATED PRESS**

9

World

Rig worker: BP took 'shortcuts'

Senior managers complained oil giant BP was "taking shortcuts" by replacing heavy drilling fluid with saltwater in the well that blew out, triggering the massive oil spill in the Gulf of Mexico, according to witness statements obtained by The Associated Press.

Truitt Crawford, a roustabout for drilling rig owner Transocean LTD, told coast guard investigators about the complaints. The seawater, which would have provided less weight to contain surging pressure from the ocean depths, was being used to prepare for dropping a final blob of cement into the well.

"I overheard upper management talking saying that BP was taking shortcuts by displacing the well with saltwater instead of mud without sealing the well

Latest attempt to plug gusher

BP started pumping heavy mud into the leaking Gulf of Mexico well yesterday and said everything was going as

planned in the company's boldest attempt yet to plug the gusher that has spewed millions of gallons of oil.

with cement plugs, this is why it blew out," Crawford said in his statement.

A spokesman for BP, which was leasing the rig Deepwater Horizon when it exploded April 20, killing 11 workers and triggering a massive oil spill in the Gulf of Mexico, declined to comment.

Meanwhile, the statements from workers ahead of a hearing in New Orleans yesterday and a U.S. congressional memo about a BP internal investigation of the blast indicated warning signs were

ignored. Tests less than an hour before the well blew out found a buildup of pressure that was an "indicator of a very large abnormality," BP's investigator said, according to the memo.

THE ASSOCIATED PRESS



After secretive years of detention and abuse allegations, trials begin in Afghanistan.

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New York Record ink



Julia Gnuse, the Guinness World Record holder for the most tattooed woman in the world, shows off some of her head-to-toe tattoos in New York yesterday.

Facebook to simplify privacy

TECH Bowing to its members' outrage, Facebook is simplifying the site's contentious privacy rules. Facebook founder Mark Zuckerberg thinks he's finally found a solution to the site's privacy woes.

Yesterday, Zuckerberg announced modifications that will allow Facebook users to choose whether to share information with friends only, with friends of friends, or with everyone. The settings will work retroactively with previous posts. **THE CANADIAN PRESS**

Clinton fully backs S. Korea on visit

SEOUL U.S. Secretary of State Hillary Rodham Clinton said yesterday the world must respond to the "unacceptable provocation" represented by the sinking of a South Korean warship blamed on North Korea as the regime shelved out more blistering rhetoric against Seoul and Washington. Relations between North and South are at their lowest point in a decade. **THE ASSOCIATED PRESS**

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Chile.....2.9 ¢	Nepal.....7.9 ¢	Italy.....2.9 ¢
China.....2.9 ¢	Oman.....12.9 ¢	Russia.....2.9 ¢
Ecuador.....12.9 ¢	Fiji.....24.9 ¢	Saudi Arabia.....9.9 ¢
El Salvador.....9.9 ¢	Ghana.....9.9 ¢	South Korea.....2.9 ¢
Jamaica.....8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....9.9 ¢
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The U.S. Justice Department is making preliminary inquiries into Apple Inc.'s business practices regarding its iTunes digital music service, though the antitrust division's questioning of music industry officials and Internet companies hasn't yet found any evidence of wrongdoing. **METRO NEWS SERVICES**

Business

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EDITOR: FERMIN.DESOUZA@METRONews.CA

Damage control for tech maker

Feds plan national regulator

SECURITIES Finance Minister Jim Flaherty unveiled a federal government plan yesterday to create a single Canadian securities regulator. Under the new Canadian Securities Act, the new regulator would replace the current "balkanized" system where Canada has 13 regional regulators, Flaherty said at a news conference in Ottawa.



"[That's] 13 sets of rules and 13 Jim Flaherty sets of fees," he said. Flaherty brought the bill to the Commons yesterday, but Ottawa will also ask the Supreme Court for advice on the issue. Currently, each province and territory runs its own regulator. Two provinces — Alberta and Quebec — have vowed to fight any plan to create a single national regulator. **THE CANADIAN PRESS**

Foxconn Technology Group showed off a motherboard factory, swimming pool and a hotline centre for workers with emotional problems yesterday as the giant company — maker of iPods and other popular gadgets — tried to repair an image damaged by a spate of employee suicides in China.

The company's media-shy chairman, Terry Gou, repeatedly apologized for the 10 deaths this year and told reporters the firm would do everything possible to prevent more suicides. Nets were put on buildings to stop people from jumping, and about 100 mental health counselors were being trained.

Gou said he has been having trouble sleeping at night because of the suicides, the latest one reported Tuesday when a 19-year-



The parents of a Foxconn employee who died in January display a portrait of their son as journalists gather at the giant Foxconn plant in Shenzhen yesterday.

old man jumped from a building after working at the plant for about a month. Foxconn was trying to address allegations from labour groups that the workers were killing themselves because of hellish conditions in the factories, which churn out iPhones, Dell computers, Nokia mobile phones and many other big-selling electronics.

Critics allege Foxconn manages its plants with a strict military approach and workers must work too much overtime on assembly lines that move too fast. Gou insisted the vast majority of workers were happy, and too much attention was being given to the troubled few. **THE ASSOCIATED PRESS**

Raise interest rates now: OECD

STIMULUS The Bank of Canada should start raising interest rates immediately so the economy doesn't become overstimulated, according to a leading international economic agency.

The Organization for Economic Co-operation and Development said yesterday that the central bank should tighten its policy lending rate gradually, but without delay. Temporary stimulus measures such as low interest rates could overstimulate the economy if left in place for too long,

the organization said. "To build credibility, (governments) should flesh out recently announced fiscal consolidation plans, focusing on spending reductions, and embark on the structural reforms these plans require," the OECD wrote in its twice-yearly economic outlook report. The Bank of Canada hinted in April that it could begin to raise its key lending rate from its historical low of 0.25 per cent as soon as June 1. However, fears that debt troubles

in Europe could slow the economic recovery have raised speculation that the central bank may hold off until later in the year. The OECD predicted that Canada's economy will grow by 3.6 per cent this year and 3.2 per cent in 2011. The OECD said the pace of Canada's recovery is expected to moderate going forward as stimulus measures are withdrawn. **THE CANADIAN PRESS**

Business in brief

TECH The Apple iPad finally goes on sale in Canada on Friday. The various models range in price from \$549 to \$879. **THE CANADIAN PRESS**



Wired magazine talked big about the Apple iPad, now it stakes its future on it.

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*Cooper S Camden shown.

Sens re-sign Mike Brodeur

The Ottawa Senators re-signed goaltender Mike Brodeur to a one-year contract yesterday. **THE CANADIAN PRESS**

11

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Comeback continues

(Celtics lead series 3-2)

Celtics 92 Magic 113

Not ready to go home just yet, the only place the Orlando Magic are headed is back to Boston.

Halfway to history.

Taking another step toward overcoming an improbable 3-0 series deficit, Dwight Howard had 21 points and 10 rebounds to lead the Magic to a 113-92 victory over the Celtics last night in Game 5 of the Eastern Conference finals.

"We just all believe," guard Jameer Nelson said. "We all believe. We know we can do it, one game at a time."

A series that looked like a sweep a few days ago now has the Celtics taking a slim 3-2 lead into a pressure-packed Game 6 in Boston tomorrow night.

The Celtics are facing



Jameer Nelson, front, of the Orlando Magic drives against Rajon Rondo of the Boston Celtics in Game 5 of the Eastern Conference finals at Amway Arena yesterday in Orlando, Fla.

the possibility of playing it without Kendrick Perkins after their starting centre picked up his seventh technical foul of the playoffs, a mandatory suspension unless it is overturned.

A potential Game 7 would be in Orlando.

No NBA team has won a

series after losing the first three games.

The Magic, seemingly lifeless after a blowout defeat in Game 3, suddenly have hope to be the first. They broke out of their series-long shooting slump, making 13-of-25 three-pointers.

THE ASSOCIATED PRESS

Lumsden plans to play in CFL this season

INJURY Running back Jesse Lumsden is confident he'll play for a CFL club this summer, even if the start of his season is delayed.

The former Hec Crighton Trophy winner as Canadian university's top player was released by the Edmonton Eskimos on May 5.

Lumsden, who grew up in Burlington, Ont., suf-

fered a season-ending shoulder injury in the first quarter he played for Edmonton last year. He isn't yet cleared to resume playing.

"I'm just training," Lumsden said yesterday. "I'm back in Ontario. I've spoken with some teams and they know of my situation."

Rookies report to their

CFL teams next Wednesday and training camps officially open three days later.

Lumsden, who spent this winter with Canada's Olympic bobsled team, intends to return to Edmonton early next week when he expects his surgeon to tell him he can play football again.

THE CANADIAN PRESS

SCOREBOARD

MLB**YESTERDAY'S AL RESULTS**

L.A. Angels 6 Toronto 5
Chicago White Sox 5 Cleveland 4
Kansas City 5 Texas 2
Seattle 5 Detroit 4
N.Y. Yankees 1 Minnesota 0 (comp. of susp. gm)
Oakland 5 Baltimore 1
N.Y. Yankees 3 Minnesota 2
Boston 11 Tampa Bay 3

YESTERDAY'S NL RESULTS

Atlanta 7 Florida 3
N.Y. Mets 5 Philadelphia 0
Cincinnati 4 Pittsburgh 0
Houston 5 Milwaukee 0
Colorado 7 Arizona 3
L.A. Dodgers at Chicago Cubs
St. Louis at San Diego
Washington at San Francisco

TODAY'S AL GAMES

Oakland at Baltimore, 5:05 p.m.
Kansas City at Boston, 5:10 p.m.
Chicago White Sox at Tampa Bay, 5:10 p.m.
N.Y. Yankees at Minnesota, 6:10 p.m.

TODAY'S NL GAMES

Houston at Milwaukee, 11:10 a.m.
L.A. Dodgers at Chicago Cubs, 12:20 p.m.
Arizona at Colorado, 1:10 p.m.
Washington at San Francisco, 1:45 p.m.
St. Louis at San Diego, 4:35 p.m.
Philadelphia at N.Y. Mets, 5:10 p.m.
Pittsburgh at Cincinnati, 5:10 p.m.
Atlanta at Florida, 5:10 p.m.

NBA PLAYOFFS**YESTERDAY'S RESULTS**

Orlando 113 Boston 92 (Boston leads series 3-2)
TODAY'S GAME
Phoenix at L.A. Lakers, 7 p.m.

Sports in brief

HOCKEY The hockey sweater worn during one of Canada's greatest sporting moments is on the auction block. Paul Henderson wore the scuffed-up, stick-marked jersey when he buried the winning goal in the 1972 Summit Series against the former Soviet Union. The president of a Montreal-area auction house says Henderson's jersey could be the most valuable piece of hockey memorabilia of all time. Classic Auctions president Marc Juteau expects the heavy-knit artifact to fetch more than a Bobby Orr rookie sweater that was recently auctioned off for nearly \$200,000.

NHL Top-ranked Roger Federer endured one tense set and two rain delays before eliminating Alejandro Falla of Colombia 7-6

(4), 6-2, 6-4 in the second round of the French Open yesterday.

NHL Flyers goalie Brian Boucher returned to practice after suffering a knee injury and hopes he can back up Michael Leighton in the Stanley Cup final. Boucher was Philadelphia's post-season starter until he sprained a ligament in his left knee in Game 5 of the Eastern Conference semifinals.

CYCLING The International Cycling Union has asked its national members in four countries — including Canada — to investigate riders and officials based on claims of doping made by Floyd Landis. The UCI said that ordering the probes did not "in any way" imply it believes Landis' accusations.

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Metro Homes

Reflecting on modern decor

This Reflection Centerpiece makes for zen inspiration indoors or outdoors. The metal watertight tray is the foundation for a reflecting pool with or without rocks, floating candles or blossoms. Crate & Barrel, \$169.95, crateandbarrel.com.

JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Mega modern

JENNIFER BILL
for Metro Canada



Simple, balanced, clean, classic, uncluttered.

Modern design, which revolves around simplistic and unique decor that flows easily and orderly from room to room, typically involves these key traits.

Toronto interior designer Renee Shostack says modern design begins with the shell.

"If you have a house that has blue carpeting or wallpaper, you are never going to get a modern look," says Shostack, whose company, The Added Touch, specializes in transforming homes into modern Meccas.

Shostack says home own-

ers must begin with paint and floor colours that are consistent throughout.

"You can't change floors — tile here, wood here. You have to have one universal, solid look."

Modern doesn't necessarily mean white floor to ceiling, although all-white art galleries are common, as the perfect background for contemporary art. Limit colours and emphasize white, greys and black — or choose one accent colour and stick to it.

Avoid flowery and wooden designs and stay away from heavy pieces.

"Modern to me is everything in its place," Shostack said. "Even with accessories, there has to be a place for everything."



The **Chelsea Leather Bed** makes a statement of classic modernity, mixed with ample helpings of comfort. The solid frame is covered from head (board) to foot in by-cast leather. The padded headboard makes reading or breakfast in bed comfortable. White, brown or black. Urban Barn, Queen \$1,199; King \$1,399, urbanbarn.com.

The **Parker Spirits Cabinet's** two bar-top leaves flip open to perch drinks and snacks, while revealing generous bottle storage. Front door drops down to create an open serving area. Crate & Barrel, \$329, crateandbarrel.com.



Enhance cocktail hour with the sleek and sculptural **Martini Side Table**, with a fluid shape and pedestal base. Hollow and lightweight, it is easy to move around, while white and persimmon are powder coated for longevity outdoors. West Elm, \$159, westelm.com.



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DecorMoment

Karl
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It is a very exciting night for fashionistas as the movie *Sex And The City 2* debuts in North American theatres. My prediction is that the movie will be this summer's biggest style influence for fashion and decor!

The inspiration starts when characters Carrie, Miranda, Samantha and Charlotte head off to Abu Dhabi for some fun and frolicking. The glamorous wardrobe and stylish hotels and restaurants are truly inspiring. I plan on celebrating the debut over the weekend in real SATC style by hosting a party. Are you celebrating? If you're planning a party too, here are a few elements to incorporate:

Dress code: For the ladies it's all about updated 1970s

And for the food...

- Nothing will set a more decadent tone at my party than fruit, chocolate and champagne.
- A simple and fabulous-looking snack is fresh fruit kabobs: chunks of fresh pineapple, kiwi and cantaloupe are marinated in Grand Mariner, then put on skewers and displayed on large platters of shaved ice.

- The *Sex And The City* chocolate collection from Laura Secord features Champagne truffles, white chocolate raspberry truffles, 70 per cent cocoa truffles, Dulce de leche truffles and cappuccino truffles. The bright pink boxes scream glamour and the small box containing four special chocolates (\$10) will make fabulous take-away gifts.

glamour; think wide pants, chiffon blouses and silk bandanas. It's reported that \$1.8 million was spent on wardrobing this movie.

I'm betting that wardrobe will be imitated for the hottest summer looks. The Halston-Heritage stretch jersey white cocktail dress (\$375) is a must-have if you are hosting a *Sex And The City* party. Carrie Bradshaw (played by Sarah Jessica Parker) flaunts the dress in the movie and on the movie's poster.

The Halston-Heritage collection is available in Canada only at 18 selected Bay stores.

For male guests, the look

is Calvin Klein meets Arabian knight; pale-coloured drawstring linen pants and baggy shirts; a silk or linen scarf, sandals and if daring, a tie-dyed turban and a smear of eyeliner! Your local Le Chateau store will have everything you need to get this look at an affordable price. I suggest buying one size up from what you would normally purchase in clothing; the baggier the clothes the better you will pull off this desert fashion look.

Decor: Think ethnic, exotic and Indian/Moroccan inspired home accessories. The place to go is your local

Pier 1 store as their summer selection is ripe for the picking at this time with exotic-inspired merchandise in stock; my favorite is the Pagoda Outdoor Umbrella for \$169 (pier1.com). Everything from Moroccan lanterns, bright fabrics and fancy umbrellas in colours of orange, turquoise and green will transform your balcony or deck into an exotic getaway for the party.

Music: The movie's *Sex And The City* Original Soundtrack is a fantastic lineup of familiar girl-power songs sung by new and established artists. Warn your neighbours about the music as it's a collection of old favorites (like Liza Minnelli singing Beyonce's *Single Ladies*) that will make you want to crank up the volume.

This exotic party will be just what I need to get me in the mood to go see this must-see movie.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home, no matter what your budget or style.



Metro columnist Karl Lohnes writes about everything you'll need for your very own *Sex and the City 2* party — poster above.

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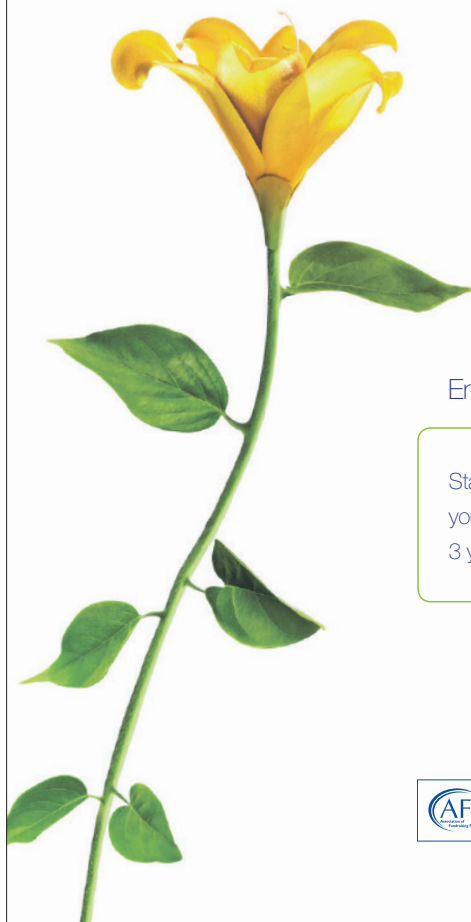
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Newly launched online shoe boutique Scarpasa is offering 25 per cent off all its merchandise starting today until Monday. To receive the discount, simply enter the code "memday10" at the checkout. **METRO NEWS SERVICES**

Style



Luck be a lady

Inspired by her work on the *Sex and the City 2* movie, costume designer Patricia Field — a longtime Payless Shoe Source partner — has designed a sparkly four leaf clover necklace for the North American shoe and accessories retail chain. The charm hangs from a delicate 18-inch chain and retails at \$16.99 at stores across the country while supplies last. The necklace is the first of additional charmed items to come from the Patricia Field-Payless collaboration.

METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Music fest gear

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METRO NEWS SERVICE

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Health careers a good bet

According to Canadian Job Futures, job growth will be fastest in health care because of Canada's aging population. **SOURCE: SERVICE CANADA**

17

Health Care

CAREERS



Did you know?

The First Nations and Inuit Health Careers Program, created in 1984, works towards increasing the number of First Nations, Inuit and Metis health professionals in Canada. **SOURCE: HEALTH CANADA**

EDITOR: SARAH CAIRNS, SARAH.CAIRNS@METRONEWS.CA

Good listening skills required

LAURA EGGERTSON
for Metro Canada

Brad Allard was selling hearing aids in Oregon when he made a house call one day to visit a four-year-old girl whose hearing had been damaged by meningitis. She was napping when he arrived, but when she awoke, she pointed to the hearing aid and then to her ear.

"That was it," says Allard, 54. "That day I thought, 'I want to be an audiologist.'"

Allard realized that if the child — who couldn't speak — could clearly communicate her need for the hearing aid that opened up the world of sound, then he wanted to be an audiologist to help others like her.

Unlike hearing aid dispensers, audiologists not only test people's hearing, they help to prevent and treat

hearing loss. They prescribe and fit hearing aids, teach people skills to cope with hearing loss, counsel patients and family members, and even help people with auditory processing disorders learn more effectively.

So Allard earned his master's degree in audiology, and in 1990 moved to Toronto for a hospital job. Today, he has his own audiology practice in Toronto.

"In any given day, I'll test people's hearing, talk to them about the degree and nature of any hearing loss, and about how it affects their lives," says Allard. "I'll help them understand it, accept it, and help people get over any denial."

A good audiologist needs to be patient, empathetic

and — ironically — a good listener, Allard says. In addition, he or she needs to have a sense for the science and the acoustics of audiology.

"That all comes with the training," he says. "It's an art and a science."

"I'll help them understand it (and) accept it."

Brad Allard, audiologist

Audiologists often work closely with ear, nose and throat specialists and other doctors, with speech therapists, nurses, social workers, teachers, occupational and physical therapists.

Of all the services that he performs, Allard particularly watching his patients respond to the changes hearing aids can make in their lives.

"They are less withdrawn. They feel more included. It can be amazing," he says. "It's very rewarding."



Audiologists test people's hearing, prescribe and fit hearing aids and teach patients coping skills.

What you need to know to be an audiologist

• In Alberta, audiologists must be registered with the Alberta College of Speech-Language Pathologists and Audiologists.

• In Canada, audiologists need a minimum of a master's degree in audiology and require an internship in a hospital, hearing clinic,

rehabilitation or other health care facility before they graduate.

LAURA EGGERTSON/
FOR METRO CANADA

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Health care careers

Is a special section focusing on the different types of health-related jobs. METRO NEWS SERVICES

Manipulating motion through chiropractic care

One of the largest primary-contact health care professions is chiropractic — a non-invasive, hands-on health care discipline that focuses on the neuromusculoskeletal system.

Chiropractors practise a manual approach, providing diagnosis, treatment and preventative care for disorders related to the spine, pelvis, nervous system and joints.

For many conditions,

such as lower back pain, chiropractic care is frequently the primary method of treatment and, where other conditions exist, chiropractic care may complement or support medical treatment by relieving the neuromusculoskeletal aspects associated with the condition.

There are many reasons to seek chiropractic care:

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- Neck pain

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- Whiplash
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- Repetitive strain injury (RSI)
- Work and sports injuries
- Arthritis
- Limited range of motion in the back, shoulder, neck or limbs

For more information on chiropractic care, go to chiropractic.on.ca.

NEWS CANADA



Chiropractors practise a manual approach to joint care.



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Curing patients' aches and pains

RICHARD WOODBURY
for Metro Canada

Physiotherapy is a health care profession that deals with rehabilitating patients from problems caused by things such as disease and sports and work injuries.

"We get them back to doing what they want to be able to do," says Mike Sutton, of The Physioclinic in Halifax.

Whether it's an ache, a pain, or a joint that moves too little (or too much), physiotherapists can help. Physiotherapists develop treatment plans using exercise to help people overcome these things and increase endurance, strength and improve balance.

A good physiotherapist will also help people deal with lifestyle and behaviour modification.

Anne Fenety, a physiotherapy professor at Dalhousie University, says there are typically two types of injuries: Acute and repetitive strain.

Acute injuries are obvious ones and can be thought of as one-time injuries, like a sprained ankle.

"We get them back to doing what they want to be able to do." Mike Sutton

As its name implies, repetitive strain injuries are the result of something being repeated over and over again, such as sore knees from running or physical problems associated with long periods of computer use.

"The bottom line is it's the kind of trauma that comes on over and over again and now it's come to your attention," says Fenety. "You need to do something about it."

She says for both types of injury, prevention is key. This means having the proper training and equipment.

Timing is also important. When people begin to experience discomfort that does not go away within a reasonable period of time, they should seek treatment.

"The real key is to get in to see your physiotherapist sooner rather than later," says Sutton. "A little bit of work now can save a lot of time later."

Physiotherapists will help people with their injuries, but ultimately it's the patients who cure themselves.

"Nobody will cure you," says Sutton. "At the end of the day, we will help you cure yourself."

Becoming a physical therapist

- In Canada, 13 universities offer physical therapy programs. Canadian physical therapy education and training is intensive and includes: Physiology, bio-mechanics, pathology, pharmacology, x-ray diagnosis and therapeutic exercise and a clinical internship.
- Currently, the minimum regulatory education requirement is a bachelor's degree. By 2010 it will be a masters. Most universities have already transitioned to a masters of physical therapy program, which requires an undergraduate degree to qualify for admission. Prospective students should contact the universities directly for specific entrance requirements.
- To work in most Canadian provinces/territories, Canadian physical therapy graduates must successfully complete the physiotherapy competency exam (PCE) administered by The Canadian Alliance of Physiotherapy Regulators (the Alliance).
- The exam and credentialing processes do not give individuals the right to practise or call themselves a physical therapist in Canada. To prac-

tise legally and use the title 'physical therapist' an individual must be registered/licensed by the physical therapy regulator in the province in which they wish to practise. To qualify for registration, applicants must meet the College's entry to practise requirements.

- In Alberta, physical therapists are regulated by the College of Physical Therapists of Alberta. SOURCE: COLLEGE OF PHYSICAL THERAPISTS OF ALBERTA



Health care careers

Is a special section focusing on the different types of health-related jobs. **METRO NEWS SERVICES**

The value in helping the most vulnerable

LAURA EGGERTSON
for Metro Canada



Jane Mahoney's decision to become a social worker grew naturally from the values she watched her mother exhibit, caring for her grandfather on their family farm near Low, Que.

"It was traditional in the Irish Catholic community to take care of your own family," Mahoney explains.

"I've always seen the value of helping family and helping others, and I knew that's what I wanted to do."

That's why Mahoney, 44, gravitated to social work after taking her undergraduate degree in criminology from Carleton University in Ottawa.

Over the last 20 years in Ottawa, she has helped patients and their families access the practical supports and resources to cope with injuries and illness.

Currently, Mahoney

works with brain-injured patients as part of a multi-disciplinary team in the neurosurgery program at the Ottawa Hospital. Working in healthcare allows her to assist people at their most vulnerable.

"People who come to hospital are overwhelmed and unsure of where to turn," Mahoney says. "In crisis

mode, people can't imagine how they will ever cope. We're helping them to realize that they can, and they will."

Social workers in hospitals conduct psychosocial assessments — assessing whether people have a place to live, can afford their medications, have support when they leave the hospital, and are prepared for how their illness or injury will affect their jobs and their lives.

All of those factors are critical to the success of their recovery.

Social workers also identify the stressors patients and their families face, and help them navigate the health care system and connect them to resources to reduce their stress.

"We travel the journey with them," says Mahoney.

Full-time social workers in hospitals often have caseloads of 15-20 patients or more.

Good social workers demonstrate empathy and compassion, analyze situations quickly and have good problem-solving and communication skills, Mahoney says. Often, social workers act as a bridge between patients, families and members of the medical team. Mahoney enjoys the sat-

"In crisis mode, people can't imagine how they will ever cope. We're helping them to realize that they can, and they will."

Jane Mahoney,
social worker



Social workers in hospitals help patients navigate the health-care system and connect them to available resources.

isfaction she gets from giving families someone they can trust to talk to and help them plan.

"Despite the challenges in this healthcare system, you really can make a difference," she says.

Post-secondary requirements

- To become a registered social worker in Alberta, social workers must join the Alberta College of Social Workers.
- Most hospital social workers hold, at minimum, a master's degree.

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Canadian fans of the program *Lost* were out in full force on Sunday, glued to their television screens as the epic series came to a sensational close. CTV reports that the two-hour retrospective that preceded the *Lost* finale drew an audience of 1.5 million viewer. **THE ASSOCIATED PRESS**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Sex sequel a bloated affair

Sex and the City 2

Director: Michael Patrick King
Stars: Sarah Jessica Parker, Kim Cattrall
Classification: 18A
Rating: ⓈⓈ

STEVE GOW
for Metro Canada

Although *Sex and the City 2* will surely draw a comparative sum to its highly successful big-screen predecessor, someone should've thrown an "interfrendion" for this TV hit-turned-film

franchise.

At over 140 minutes, this bloated, self-indulgent flick may fulfill a few fantasies but as a film, it's uninspired.

Set two years after Carrie's (Sarah Jessica Parker) marriage in the first film, the Manhattan-based novelist becomes disillusioned by the fact Big (Chris Noth) is settling into domestic life. How fortunate then that she and the girls are invited by perpetual floozy Samantha (Kim Cattrall) on a trip to Abu Dhabi to reflect on their respective crises through cocktails,



Carrie and co. return in *Sex and the City 2*.

shopping and occasionally offending the locals with unwelcome acts of sexual

freedom.

Filmmaker Michael Patrick King may be trying to send a message, and indeed Samantha publicly latching onto a dude's crotch at the hotel pool exhibits sexual liberation, but the free-thinking American-in-Abu Dhabi schtick ends up more arrogant than enlightening.

Nevertheless, this sequel isn't just about cultural disparity. King shovels a slew of double entendres that will sneak giggles from most female fans.

But his script is too lean where it works best: When characters are paired off in vulnerable conversation about the hardships of motherhood or marriage and not when they're busy asking the hotelier if a visiting soccer team "brought their balls."

Sex and the City 2 screen times today

- **City Centre:** 12-12:30-3:15-3:45-7-8-10:15
- **Clareview Cinemas:** No Passes 4:30-8
- **South Edmonton Common:** No Passes 11:30-12:30-3:30-5:30-6:20-7:20-10-10:30
- **Scotiabank Theatre West Mall:** No Passes 11:45-2:30-5:30-6:45-9-10:15
- **Galaxy Cinemas Sherwood Park:** No Passes Thu 6:50-10:05

Still, fans will get what they likely crave — a flashy gay wedding, the return of an ex-boyfriend and Liza Minnelli singing a rendition of Beyoncé's *Single Ladies* that almost made me nostalgic for Alvin and the Chipmunks. The Squeakquel. Almost.

Pen pals

Sarah Palin is complaining about her new neighbour — a writer penning a book about her. Author Joe McGinniss moved into the house next to Palin's home in Wasilla, Alaska.

THE ASSOCIATED PRESS

AlbumReviews

music@metronews.ca

Stone Temple Pilots

Album: Stone Temple Pilots
Label: Atlantic/Warner
Rating: ⓈⓈ

A LOT HAS happened in the nine years since Stone Temple Pilots' last record was released.

There have been new bands, feuds and stints in drug rehab, but somehow Scott Weiland and the DeLeo brothers have put that behind them to release a new STP record. If only they had stayed separated. This disc is mostly made up of — not surprisingly — bland '90s-era rock. Weiland unfortunately channels Dylan on *Between the Lines*, while other songs, including *Huckleberry*, Crumble, dabble in bar band blues. There are some meaty riffs and they do sound like a cohesive group that's having fun, but this is a long way off from the foursome's *Vaseline* days.

Bryan Borzykowski for Metro Canada

critics' corner

Julie Walking Home

Miranda Otto rises above a weak script to shine in this 2002 drama as a Canadian wife and mother who's dealt a double blow: Her husband (William Fichtner) is cheating, and her son (Ryan Smith) has cancer. She goes abroad to consult a faith healer (Lothaire Bluteau) recommended by her father's fiancée. His powers appear to work on the boy, but things go downhill after he and Julie become lovers. 7 PM on BRAVO

Janelle Monae

Album: The ArchAndroid
Label: Warner
Rating: ⓈⓈⓈ

THE PREMISE IS kind of silly, but, at times, the music is ultra cool. The

ArchAndroid is a continuation of the sci-fi hip-hopera Janelle Monae introduced with her debut LP *Metropolis*. It's hard to imagine that anyone actually buys this stuff in order to follow the latest chapter in *Metropolis'* fight for freedom from the evil Great Divide. On the other hand, you may be interested in finding out what Outkast's Big Boi has been doing lately. He's featured on *Tightrope*, the very fine first single off this intriguing record. There's a wonderfully organic voodoo-jazz thing running throughout that keeps The ArchAndroid's futuristic themes firmly grounded in the culture of '50s America.

Graham Rockingham for Metro Canada

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	6	KREM	- 372	News	Access H.	How I Met	Enthusiasm	Community	100 Questions	Enthusiasm	30 Rock	EP Daily
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	35	TLC	521 560	Police Women of Memphis (N)	Mail Cops	Mail Cops	Mail Cops	Mail Cops	Mail Cops	Mail Cops	Mail Cops	Mail Cops
	36	BRAVO	520 523	Julie Walking Home ** (2002, Drama)	Miranda Otto.	Miranda Otto.	Miranda Otto.	Miranda Otto.	Miranda Otto.	Miranda Otto.	Miranda Otto.	Miranda Otto.
	38	SPIKE	628 584	TNA Wrestling (HDTV) (N)	Jail (N)	Jail (N)	Jail (N)	Jail (N)	Jail (N)	Jail (N)	Jail (N)	Jail (N)
	39	AMC	-	(6) Above the Law (1988)	The Hunted ** (2003, Action) Tommy Lee Jones.	The Hunted ** (2003, Action) Tommy Lee Jones.	The Hunted ** (2003, Action) Tommy Lee Jones.	The Hunted ** (2003, Action) Tommy Lee Jones.	The Hunted ** (2003, Action) Tommy Lee Jones.	The Hunted ** (2003, Action) Tommy Lee Jones.	The Hunted ** (2003, Action) Tommy Lee Jones.	The Hunted ** (2003, Action) Tommy Lee Jones.
	40	HST	522 506	Ax Men (HDTV)	Ax Men (HDTV)	Ax Men (HDTV)	Ax Men (HDTV)	Ax Men (HDTV)	Ax Men (HDTV)	Ax Men (HDTV)	Ax Men (HDTV)	Ax Men (HDTV)
	41	COM	626 547	Just for Laughs	Air Force	22 Minutes	22 Minutes	22 Minutes	22 Minutes	22 Minutes	22 Minutes	22 Minutes
	43	SPACE	627 528	Lost "The End" The series concludes. (N)	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld
	44	WPCN	294 650	Law & Order: SVU	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld
	46	OLN	411 457	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo	Operate-Repo
	48	TROP	619 525	Planet Soap	Comeback	Reality	What Happen?	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	50	STAR	621 527	The View (HDTV) (N)	The Dr. Oz Show (N)	TMZ	etalk	etalk	etalk	etalk	etalk	etalk
	52	HGTV	600 604	House-Bryan	Real Renos	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
	65	TLN	700 700	(6) C's Posta per Te	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez
	92	APTN	269 350	Wapros Bay	By the Rapids	By the Rapids	By the Rapids	By the Rapids	By the Rapids	By the Rapids	By the Rapids	By the Rapids
	93	VISION	261 394	Robin and the Seven Hoods *** (1964, Musical Comedy), Dean Martin	Robin and the Seven Hoods *** (1964, Musical Comedy), Dean Martin	Robin and the Seven Hoods *** (1964, Musical Comedy), Dean Martin	Robin and the Seven Hoods *** (1964, Musical Comedy), Dean Martin	Robin and the Seven Hoods *** (1964, Musical Comedy), Dean Martin	Robin and the Seven Hoods *** (1964, Musical Comedy), Dean Martin	Robin and the Seven Hoods *** (1964, Musical Comedy), Dean Martin	Robin and the Seven Hoods *** (1964, Musical Comedy), Dean Martin	Robin and the Seven Hoods *** (1964, Musical Comedy), Dean Martin
	100	MTV	581 582	The Challenge: Fresh Meat II	Ult. Parkour	Ult. Parkour	Ult. Parkour	Ult. Parkour	Ult. Parkour	Ult. Parkour	Ult. Parkour	Ult. Parkour
	101	MTM	570 580	Muchmsc Ctdn	Video on Trial	Video on Trial	Video on Trial	Video on Trial	Video on Trial	Video on Trial	Video on Trial	Video on Trial
	102	CPAC	612 396	(6:30) Primetime Politics	Revue	Revue	Revue	Revue	Revue	Revue	Revue	Revue
	103	VIVA	526 507	Medium	Cold Case	Cold Case	Cold Case	Cold Case	Cold Case	Cold Case	Cold Case	Cold Case
	106	HST	126 730	The Téléjournal (SC)	RDI économie	Le National	Le National	Le National	Le National	Le National	Le National	Le National
	161	SUPER	-	Smokin' Aces 2: Assassins' Ball (2010, Action)	Fast Track: No Limits (2008, Action)	Fast Track: No Limits (2008, Action)	Fast Track: No Limits (2008, Action)	Fast Track: No Limits (2008, Action)	Fast Track: No Limits (2008, Action)	Fast Track: No Limits (2008, Action)	Fast Track: No Limits (2008, Action)	Fast Track: No Limits (2008, Action)



Robin and the Seven Hood

Memorable musical numbers punctuate this 1964 retelling of the Robin Hood legend set in Prohibition-era Chicago and starring members of the Rat Pack. Frank Sinatra plays a mobster who's given \$50,000 by the daughter of a slain rival (Edward G. Robinson) to avenge her father's murder. Not wanting to get involved, he gives the money to an orphanage and becomes a hero. Dean Martin, Sammy Davis Jr., Bing Crosby and Peter Falk also star. 7 PM on VISION

Check out a local farmers' market

You can find farmers' markets in almost any area of the city, almost any day of the week. Alberta Avenue, Beverly, City Centre and Old Strathcona are a just a few of the markets that are within city limits. Visit albertamarkets.com for details. **CHRISTOPHER THRALL/FOR METRO EDMONTON**

Urban Foodie

★★★★ INSPIRED; ★★★★★ VERY GOOD; ★★★ PALATABLE; ★★ HO-HUM; ★ NEVER AGAIN

Savour the summer with walk on Whyte

CHRISTOPHER THRALL
edmontonurbanfoodie@gmail.com

Fat Franks
10329 Whyte Ave.
780-413-0278

What's the Scoop
10329 Whyte Ave.
780-433-8555

Rating: ★★★★★
Dinner, drinks & dessert for two: \$30
Signature Dish: Avenue Dog (\$5)
Signature Dessert: Colossal Two-Scoop Cone (\$5.50)

A warm summer sun beat down on us as we ambled up to the Whyte Avenue Fat Franks for the second time. (The "Cash Only" sign foiled our first approach.) Our meals were assembled with remarkable efficiency and fired out the side window into my waiting arms.

I admired the array of dressings, but eventually sat down to enjoy the



Sometimes the finest cuisine pales before an Avenue Dog (\$5), onion rings and a pop (\$3).

crisp bacon and real cheddar on my Avenue Dog (\$5) with only mustard and onions. Served on a slightly toasted bun, the plump, juicy dog was grilled to perfection. I nibbled at the side of lightly-breaded onion rings and

On the web

• Get recipes and more great food content at metronews.ca/recipes.

sipped at my root beer (\$3 combo).

Daubing at my mouth

after a terrific little lunch, I fell victim to their exquisite marketing trap: I glanced at the other little shack that shared Frank's lot. Before I knew it, a tiny thread of Belgian hazelnut ice cream was trickling down my fore-



Foothills Creamery supplies only the creamiest ice cream in the wildest of flavours.

arm as I handed over \$3.25 without regret.

It was as though Häagen-Dazs and Toffifee had a love child. Candied hazelnuts festooned the sweet treat. Next time, I might try one of What's the Scoop's waffle cones

or hit them up for a milkshake.

Any summer stroll down Whyte can be enriched. Simply pause a moment for a Fat Frank and ask, "What's the Scoop?" You will love the answer.

Dining out

SEX AND COSMOS Check out the Sex and the City 2 opening night soirée. Your \$50 ticket includes the pre-show reception at Lux (4 p.m.), a 7 p.m. show at Empire Theatres and a post-show at Hundred Bar — with snacks and cosmos at every turn.

INTERNATIONAL FARE Artsy Remedy Café has become a destination for Indian and Pakistani cuisine throughout the day: hearty breakfasts before noon, full homecooked lunches and afternoon fare, evening dinners and night time pub grub. The chana masala with a side of dhal is especially good. Plus, the chai comes from a home-brewed blend of teas and spices, not from some lousy carton!

CHRISTOPHER THRALL/
FOR METRO EDMONTON

In brief

AWARDS The 10th Annual You're Welcome Awards recognized Edmonton's finest front-line hospitality workers last week. Colleagues and guests nominated winners such as bartender Andy Young and server Barbara Neilsen of the Hotel Macdonald, fine dining server Christopher Horobec of the Chateau Lacombe and counter server Melanie Pero of the Radisson South.

CHRISTOPHER THRALL/
FOR METRO EDMONTON

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Creme Caramel.



TOP 5 CHIROPRACTORS RECOMMENDED BY METRO READERS

- HERITAGE LANE CHIROPRACTIC**
"I've been going to Heritage Lane for year. I wouldn't trust anyone else!"
- CHIROHEALTH & WELLNESS SPORTS & FAMILY CLINIC**
"The staff, Dr. Kevin and the massage therapist are always looking to do their best to keep me well."
- CAROLYN ZIMMERMAN**
"A miracle worker in health. Has helped me many times."
- DR. GREG STILES**
"Dr Stiles compassion and expertise is unsurpassed."
- HEALTH STAR CHIROPRACTIC**
"Two years ago I couldn't walk due to back pain. I crawled in on a Saturday after hours, and have been going back ever since."

NEXT WEEK'S TOP 5 – PERSONAL TRAINERS

Recommend your Personal Trainer by Friday and you could WIN A HP MINI 10.1" NETBOOK!

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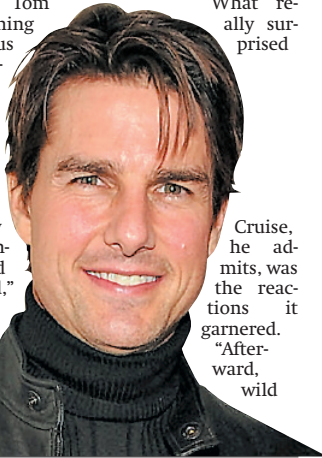
With the Transformers franchise officially behind her, Megan Fox is looking for a new gig, and word is she has her sights set on the next Pirates of the Caribbean film, according to the Daily Mirror. **METRO NEWS SERVICES**

Celebrity Buzz

On the couch again

SUPPOSE THAT'S BETTER THAN BEING ON THE LEDGE Tom Cruise is finally opening up about his infamous couch-jumping incident on Oprah Winfrey's talk show five years ago.

"What happened, happened. I wanted the audience to be happy just like I wanted to make my sisters and my mother happy when I did those skits as a kid," Cruise tells Esquire. "But I'll take responsibility for my actions."



What really surprised

Cruise, he admits, was the reactions it garnered. "Afterward, wild

things were being said about me, and once they're in the ether, there's nothing you can do about it," he said.

"It felt like being the new kid in the schoolyard again and the other kids are whispering and whispering about you and suddenly you hear what they're saying, and you think, 'What? That didn't happen. Look at the reality of the situation.'"

METRO WORLD NEWS

Nas, Kelis not crying over their spilt milk

HOW ABOUT CRYING OVER FLOUNDERING CAREERS? There's officially no more milkshake in Nas and Kelis' marriage.

Court filings show a judge on Friday dissolved the union between singer Kelis Rogers and rapper Nas, whose full name is Nasir Jones.

No other details were revealed.

Rogers, best known for her feisty tune Milkshake, filed for divorce last May, citing "irreconcilable

differences."

Jones, considered one of rap's most popular artists, just released a collaborative album with reggae's Damian Marley.

Documents show the couple married in July 2003. Jones was ordered in December to pay more than \$51,000 a month to

Rogers and their infant son. Calls to Jones' attorney were not immediately returned.

The office for Rogers' attorney said she declined to comment.

THE ASSOCIATED PRESS



DeGeneres launches label

BECAUSE KNOWING NOTHING ABOUT MUSIC QUALIFIES YOU TO RUN OTHER PEOPLE'S CAREERS Ellen DeGeneres is getting into the music mogul business, starting a record label, eleveneleven, and signing YouTube sensation Greyson Chance, she announced on her talk show.

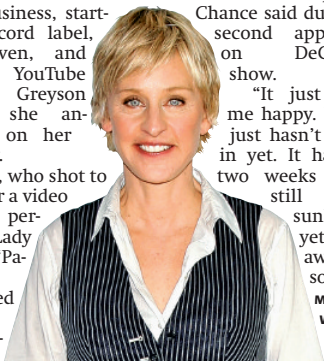
Chance, who shot to fame after a video of him performing Lady Gaga's "Paparazzi" was posted online, will be co-

managed by Gaga's manager, Troy Carter, and Madonna's manager, Guy Oseary. "It's crazy thinking about 30 million people,"

Chance said during his second appearance on DeGeneres' show.

"It just makes me happy. It really just hasn't sunk in yet. It has been two weeks and it still hasn't sunk in yet. It's awesome."

METRO WORLD NEWS



Perry pair the next Brangelina?

THE REAL QUESTION IS WHEN WILL COMBINING CELEB NAMES JUMP THE SHARK? Katy Perry is so satisfied with her relationship with Russell Brand that she can't help associating herself with some famous company.

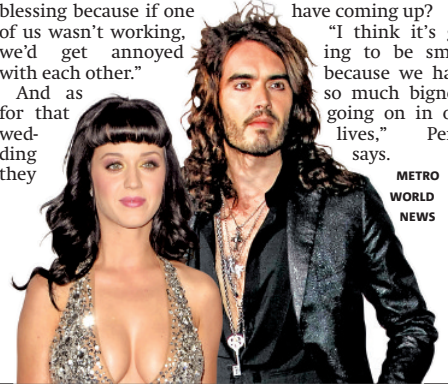
"I do feel like the new Brangelina, with his movie coming out on Tuesday, Get Him to the Greek," she tells Ryan Seacrest, comparing them to Brad Pitt and Angelina Jolie.

"Everything is happening at the same time, which is somewhat of a

blessing because if one of us wasn't working, we'd get annoyed with each other." And as for that wedding they

have coming up? "I think it's going to be small because we have so much bigness going on in our lives," Perry says.

METRO WORLD NEWS



Lindsay Lohan changes up her locks

SHHH! SHE'S IN DISGUISE While she's been holed up laying low in a Beverly Hills hotel since getting fitted for an alcohol-monitoring ankle, Lindsay Lohan has found one way to amuse herself: going blonde.

The natural redhead spent more than five hours at the Andy LeCompte Salon in West Hollywood, finally emerging after 10 p.m. with platinum blonde locks, according to TMZ. While she smiled for the waiting paparazzi, Lohan had nothing to say about her current situation.

METRO WORLD NEWS



McCready makes it out of hospital

NOT JOKES HERE Mindy McCready, the country singer who battled drugs and legal woes but recently declared herself clean after a stint on Celebrity Rehab with Dr. Drew, was back home yesterday from the hospital, according to her brother, after police responded to an overdose call at a Florida home.

Cape Coral Hospital spokeswoman Karen Krieger would not say why McCready was taken to the hospital.

METRO WORLD NEWS



CelebTweets

BRITNEY SPEARS finds new ways to entertain her kids, **CONAN O'BRIEN** is in vaunted company, **KELLY OSBOURNE** has trouble getting out of the house, and **ASHTON KUTCHER** is curious about linguistics.

@britneyspears I love to take my boys on car drives, and sing songs to them about Mary Poppins that I make up.

@ConanOBrien Today I got my 1,000,000th Twitter follower! I am now in the realm of Gods like Ashton, Bieber, Mariah, and updates on new Dell products.

@MissKellyO I'm late for the gym because I got in the car then realized I forgot to brush my teeth : (that's the worst!

@aplusk Do people Use the f word as nouns verbs and adjectives in other languages?

METRO NEWS SERVICES



Parker likes her marriage private

SO DO WE Sarah Jessica Parker insists the key to a successful marriage is secrecy.

"I like having some mystery in our relationship. I like not knowing everything about my husband," she tells Parade magazine. "I think people should have things that are theirs, things that are the unknown to someone else. I think it's good to have some privacy and some secrets in our lives."

METRO WORLD NEWS



Lovitz's big bill no laughing matter

NEITHER ARE HIS MOVIES Comic Jon Lovitz and others are being sued by the Los Angeles Dodgers over claims they failed to pay nearly \$100,000 US for season tickets for the 2010 baseball season.

Delaware-based Dodger Tickets LLC filed the breach-of-contract lawsuit Monday in Los Angeles.

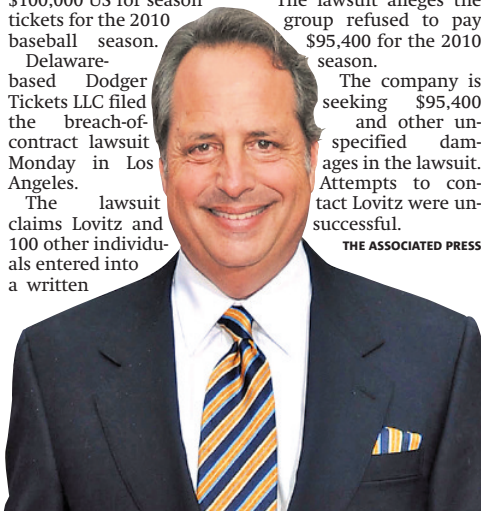
The lawsuit claims Lovitz and 100 other individuals entered into a written

agreement in March 2008 to buy three dugout club seats for all baseball games played at Dodger Stadium in 2008, 2009 and 2010.

The lawsuit alleges the group refused to pay \$95,400 for the 2010 season.

The company is seeking \$95,400 and other unspecified damages in the lawsuit. Attempts to contact Lovitz were unsuccessful.

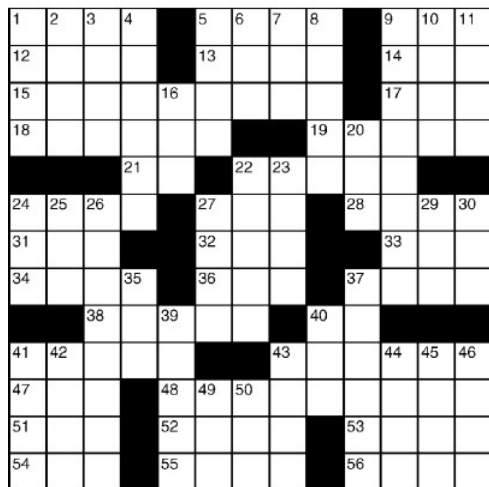
THE ASSOCIATED PRESS





Michele McDougall, Weather Specialist & Host – Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



ACROSS

- 1 Fusses
- 5 Thick slice
- 9 Do some lawn-work
- 12 Former frosh
- 13 Head light?
- 14 Mimic
- 15 Longtime partner of Mike Nichols
- 17 "Uh-huh"
- 18 In cahoots
- 19 Minimum
- 21 Infinitive part
- 22 Shorthand developer
- 24 Staffer
- 27 "Chances —"
- 28 Nonsense
- 31 Miss Piggy's pronoun
- 32 Has the skill
- 33 Corn spike
- 34 Shove
- 36 Cambridge sch.
- 37 Pound of verse
- 38 "Psycho" setting
- 40 Firefighter's need
- 41 Old saying

- 43 Wool provider
- 47 Trigger's passenger
- 48 Pilgrims' ship
- 51 Lamb's dam
- 52 Docking site
- 53 Bag
- 54 Moreover
- 55 Approximately
- 56 "— Wide Shut"

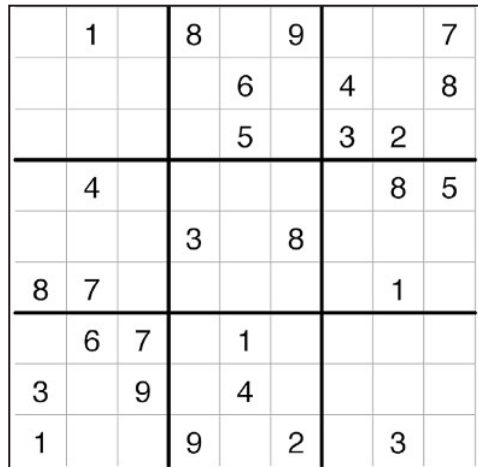
DOWN

- 1 On the briny
- 2 Barbie, e.g.
- 3 October stone
- 4 Certain Muslim
- 5 Molt
- 6 Felon's flight
- 7 Chicken — king
- 8 Peter of "Young Frankenstein"
- 9 Puerto Rican port city
- 10 Piece of work
- 11 Cried
- 16 Opposite of paleo-
- 20 Early bird?
- 22 "The Da Vinci Code" topic

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

BIADIE	JUIS	NOIEL	5	7	6	4	3	9	2	8	1
LIRAL	ABC	ACRE	3	1	8	2	6	5	7	4	9
ORATORIO	TONE		2	4	9	7	8	1	6	5	3
CYBORG	WHITES		9	2	5	3	1	4	8	7	6
NEO	LEVI		4	3	7	6	2	8	1	9	5
ATO	ONO	WELSH	8	6	1	5	9	7	3	2	4
SOSA	SAC	SLUR	6	9	2	8	4	3	5	1	7
KYOTO	RAN	OPS	7	8	4	1	5	6	9	3	2
LONG	TEC		1	5	3	9	7	2	4	6	8
OPENER	BEHEST										
DEMI	OHIDUNNO										
ERIN	WAR	TOOT									
SIMOG	SYD	ELBE									

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You need to be free to pursue your own interests, in your own way. Others may say you are being selfish but how do they know what you need?

TAURUS
APRIL 21-MAY 21
The full moon warns that you won't be able to force others to do as you say. If you want them to go along with your plans you must show them the benefit.

LIBRA
SEPT 23-OCT 23
You seem to be in one of those moods when you enjoy provoking an argument. Hopefully you won't make too many waves.

SCORPIO
OCT 24-NOV 22
Don't take risks with money today. The odds are not in your favor. Whether or not it is your own cash you are putting at risk is beside the point.

GEMINI
MAY 22-JUNE 21
Don't give way just because you cannot be bothered to argue. If you let rivals think they have won they will make your life a misery tomorrow.

SAGITTARIUS
NOV 23-DEC 21
You will see both sides of an argument. You'll still think that your view is right but will realize that it's one of many possible ways of doing something

CANCER
JUNE 22-JULY 22
Focus on little, everyday things for a while. You'll feel less emotional about the situation tomorrow.

CAPRICORN
DEC 22-JAN 20
You may be in need of a hug and a few kind words but you'll be lucky if you get them. Others are too concerned with their own issues.

LEO
JULY 23-AUG 23
It's highly likely that you will disagree with someone over something important. In the greater scheme of things it's really of minor significance.

AQUARIUS
JAN 21-FEB 18
It may seem to others that you are being selfish as you want your own way all the time, and maybe you are, but why should you settle for anything less?

VIRGO
AUG 24-SEPT 22
If you feel the need to let off steam today do so. You may look controlled but on the inside your feelings are all over the place. Let them out

PISCES
FEB 19-MARCH 20
Duty and desire will pull you in different directions today and the tension could get a bit much for your sensitive Pisces nature.

This day in history

- 1813 – War of 1812: In Canada, American forces capture Fort George.
- 1895 – Oscar Wilde is imprisoned for sodomy.
- 1907 – Bubonic plague breaks out in San Francisco, California.
- 1937 – In California, the Golden Gate Bridge opens to pedestrian traffic, creating a vital link between San Francisco and Marin County, California.
- 1997 – The U.S. Supreme Court rules that Paula Jones can pursue her sexual harassment lawsuit against President Bill Clinton while he is in office.

METRO NEWS SERVICES

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Metro Recipe of the Day



Quick Fish Tacos

Recipe submitted by Paula Bowman
Photo: Carlo Mendoza
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

INGREDIENTS:

- 1 tbsp olive oil, plus more for greasing sheet pan
- 1/2 white onion, very thinly sliced
- 2 cups ice water
- 1 tbsp lime juice
- 1 tbsp finely chopped jalapeno pepper
- 1/4 tsp ground cumin
- 1 1/4 lb tilapia fillets, or other firm white fish (e.g. haddock, mahi mahi or bass)
- 8 (6-inch) whole-wheat or corn tortillas
- 2 cups finely shredded red cabbage
- 1 cup deli fresh store-bought salsa, drained
- 1/2 cup fresh cilantro leaves for garnish, optional

METHOD:

1. Preheat broiler to high. Line a rimmed sheet pan with tinfoil, lightly grease with olive oil and set aside. Stack tortillas and wrap in tinfoil, set aside. Place onion slices in ice water for 10 minutes, drain well

- and set aside.
 2. Place wrapped tortillas on bottom rack of oven for 10-15 minutes until warmed through.
 3. Meanwhile, in a small bowl, combine lime juice, olive oil, jalapeno and cumin and stir. Arrange tilapia on prepared sheet pan and brush tops of fillets with jalapeno mixture. Broil fish 3 to 4-inches from heat until just cooked through, about 7-10 minutes. Break fish into large chunks and transfer to serving plate.
 4. To assemble tacos, fill tortillas with fish, onions, cabbage, salsa, drizzle with lime sour cream and garnish with cilantro, if desired.
- SERVES 4**
• Serve this recipe with Lime Sour Cream and Guacamole. Find the recipes at 20minutesupperclub.com/metro.





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